

EAP News



Winter FY16

Joint Base Lewis McChord

The Employee Assistance Program

Happy Winter and Happy Holidays JBLM!

As we enjoy the crisp, cool air and beautiful snowy outdoor activities that only the Winter can bring, we also look forward to a fastly approaching New Year! While celebrating the season, also be cognizant of stress levels. We can begin with a healthier year by selecting one of our New Year Resolution goals to be to stress less.

Also please be aware of your surroundings and sure to care for you family member, co-worker, buddy, Wingman, etc. We remember that this may be a tough time for others. Please feel free to refer to the Employee Assistance Program as a resource.

EAP is a confidential, professional service available to DOD Civilians, AD Family Members and Retirees. All services are at no cost, to include screening, adult issue consultation and follow up. Your JBLM EAP office and contact information is located on page 3 of the newsletter, for both Lewis-Main and McChord Field.

The Armed Forces Substance Abuse Program (AFSAP) is the proponent for the EAP.



EAP Mission: Consult with management and supervisors in dealing with performance problems in the workplace, assist employees who have job-affecting personal issues, and provide short-term consultation, education and referral services to clients - toward improving work-life balance and their quality of life.

Maintaining balance in the workplace

The EAP News

Your Healthcare and the Holidays!

To be more involved in your healthcare, here are previous tips provided via Madigan Healthcare System:

- Be an active member of your healthcare team
- Make sure your doctors are aware of all your prescriptions
- Inform your doctor(s) of any allergies and reactions to medicines
- Ask about your medicine in terms you can understand (how to use, side effects, etc)
- Ask a family member or friend to be there with you and serve as your advocate
- If you have a test, don't assume that no news is good news
- Ask questions

ASAP 3D Campaign

On 17 Dec 15, Team ASAP (Prevention) partnered with AAFES, the Washington State Patrol, American Red Cross, and FOCUS to pull off a successful 3D Campaign event. This is one of many whereby ASAP encourages zero tolerance for drugs, and safe and responsible drinking. The highlights of this year's event included education on 0-1-2-3 alcohol safe guidelines and the interactive, digital Intoxiclock (a blood alcohol demo). It is reported that approx. 300 Soldiers & Family Members attended.



The EAP News

Upcoming EAP Classes

- ❑ EAP Supervisors Course
19 Jan 16, 0800-1200
McChord CSC, Bldg #746
- *RSVP NLT 11 Jan*
- ❑ EAP Supervisors Course
09 Feb 16, 0800-1200
Lewis - FRC, Bldg #4274
- *RSVP NLT 02 Feb*
- ❑ EAP Civilian Training
24 Feb Jan 16, 1300-1500
Lewis - Stone Ed, Bldg #6242
- *RSVP NLT 17 Feb*
- ❑ EAP Civilian Training
15 Mar 16, 0900-1100
McChord CSC, Bldg #746
- *RSVP NLT 08 Mar*

Call to RSVP:

- ✓ *Lewis-Main hosted classes
@ 966-4597*
- ✓ *McChord Field hosted classes
@ 982-5815*

Any

2016

New

Year's

Resolutions?

1. _____

2. _____

3. _____

Enjoy
Your
Holiday
Season!

